



Newsletter of the International Board for Regression Therapy

Edition #27 — March and April 2025

Take Peace

Letter from The Board

I would like to start with a prayer from one of my favorite sources, *Mother of God Similar to Fire* by Mirabat Starr, Page 53.



Our Lady of Kazan

Feminine face of the holy one,
You are known by many names,
But all of them mean Mother.
You have appeared since the time of our earliest ancestors
As the embodiment of Mercy and Compassion.
You have been celebrated in song in scripture

As the essence of Sacred Wisdom.
You lived a fully, deeply human life,
and this humanity is what helps us feel connected to you.
Do not hide your face from us now.
This world is yearning for your Mother-Love.
Show our leaders how to guide us
With respect for our dignity and well-being.
Teach us to love one another
with boundless patience
and unbridled joy.

This prayer speaks to me of the Divine Feminine and how much we need her energies to return to our consciousness, with her Sacred Wisdom, her Love and Compassion. Every day it feels like the Masculine Energies are, more and more, destroying the Earth and all her resources. It is with the compassion and firmness of Mother-Love, that the Earth will be returned to her own Grace and Greatness.

“But, what can I do?” I hear you say. Whatever you can. Vote. Support others who are being persecuted, and show your own spiritual choices with resistance. Sacred Resistance. Sacred Activism. Stand up for what you know to be true, speak your truth out loud, even to the face of evil. Be aware of the impact one kind gesture can make in these harsh times. Be there for each other, in truth, in awareness, in Spirit.

We are all here for a reason, we each chose to be born into these times, and we had Divine reasons to do so, even if we are not aware of them in this moment. Become the best version of yourself that you can, not just for you, but for others who might be seeking a role model or guide. You will show others how to stand in their Light by standing in your own Light. Show love and compassion, even to those who do not appear to deserve it. Remember the old Chinese story about the policeman beating the youth? Who is actually suffering? The boy may feel the blows on his body, but his Soul remains whole.

Where I live it is cold and snowy and the sun hasn't shone in a long week. But, I know the sun is out there and I know that above those cold clouds the blues skies await. Even on a day when it is 12 degrees F, and we have to shovel snow every day so we can get our mail, I believe that Spring will come and there will be light and life, again. So, to you I say, do what you can to move things along, even tiny steps are steps in the right direction. And, believe — believe in Light and Life, and believe in You.

With Love and Light and Blessings - Virginia Waldron

“No matter what he does, every person on earth plays a central role in the history of the world. And normally he doesn't know it.” — Paulo Coelho, [The Alchemist](#)

Announcements

MARK YOUR CALENDAR & MAKE YOUR PLANS TO ATTEND THE 2025 REINCARNATION SYMPOSIUM ON OCTOBER 25th. We are excited by the line-up of speakers as we focus on "Transcending Death-Exploring Life Between Life."

Dr. OHKADO Masayuki will share his research about Japanese cases of the reincarnation type and what they experienced in the intermission or life between life (LBL).

Dr. Sarina Volari will reveal her findings about the benefits and challenges of Life Between Life experiences from a psychological point of view.

Peter Elsen, a Michael Newton Institute practitioner, will walk us through the LBL journey and process.

Benjamin Carraud will take us into his experiences as a rememberer.

This year's Symposium promises to be a thought-provoking event to help us transcend our fears about death by exploring what happens between incarnations. More information will follow, including about the Pre-Symposium event which will focus on the Holocaust and what lessons we are learning from both sides of the coin from the reincarnation perspective.

This year, the Symposium will be in two locations (one on the West Coast and another on the East Coast) as well as On-Line. For more information, join our Reincarnation Symposium Facebook Private Group, our Meetup group, or go to reincarnationsymposium.com. For videos about previous symposium presentations, go to our YouTube channel @Reincarnation Symposium Network.

Announcing the New IBRT Mentorship Program

We in the IBRT Community are committed to providing the highest levels of training and support to our members and the most competent and ethical services to our Regression clients.

Our new *IBRT Mentorship Program* is the latest membership benefit for our Student, Affiliate and Professional Board Certified IBRT members.

Beginning in April 2025, IBRT will offer a free monthly Mentoring Event on Zoom for our Student, Affiliate and Professional Members.

One of our board-certified members will facilitate each Mentoring Event. The 90-minute session will focus on your needs as a practitioner, regardless of your level of experience. Our goal is to offer support, direction, techniques, self-care and inspiration to help you become a successful Past Life Therapist.

In this open forum, you can bring your questions, share your experiences and discuss new approaches for all aspects of Past Life Regression as you network with your colleagues.

Each month we will rotate our Mentors so that you can experience a variety of perspectives and areas of expertise. We look forward to learning from each other.

At these events you can bring your client issues, business questions as well as needs for review protocols and techniques and get answers on ethical issues.

Holly Holmes-Meredith will initiate this series as our first Mentor on Thursday, April 10 from 4 to 5:30 p.m. PT. We invite our Board-certified members to volunteer to facilitate at subsequent monthly Mentor events.

Please contact Holly at info@ibrt.org if you would like to help.

Introducing our newest member of the IBRT Board — Kim Kane



CERTIFIED CLINICAL HYPNOTHERAPIST & FACILITATOR OF CONSCIOUSNESS

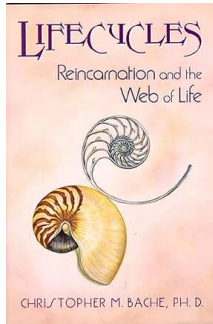
Kim Kane is a Certified Clinical Hypnotherapist and Reiki Master. Knowing our thoughts carry us into our perceived reality, Kim is passionate about helping clients and students explore these paths in expanded and non-ordinary states which lead to a new paradigm. Remembering other lives in past, present, and future linear time, in our many forms, allow us to experience the current path lightly.

After a life-changing event experiencing more than our present reality, Kim sought a Past Life Regression session which directed her to training in Hypnotherapy. The evolution from an analytical leader in higher education to a seeker of the world beyond what is known and seen was a quantum jump aided by supportive HCH teachings and community. Kim is a graduate of HCH Hypnotherapy, clinical internship, Reiki, and pastlives training. She is also an accredited Facilitator in Quantum and Universal Consciousness from the Quantum Consciousness Institute.

[Whisper Of Trees Wellness](http://WhisperOfTreesWellness.com) | Kim@whisperoftrees.com

“Don't give in to your fears. If you do, you won't be able to talk to your heart.” — Paulo Coelho, [The Alchemist](#)

Book Nook



Lifecycles: Reincarnation and the Web of Life by Christopher Bache

Lifecycles combines the best scientific testimonies about reincarnation with philosophically sound yet accessible arguments about its implications.

Lifecycles is the first book to both describe the dynamics of rebirth and explore the ramifications of adopting a reincarnationist perspective. The book begins with a masterful synthesis of recent findings from consciousness research and near-death studies. It includes the work of such eminent therapists and scholars as Stanislav Grof and Dr. Ian Stevenson, and critically surveys the most compelling evidence for rebirth. *Lifecycles* emphasizes the lessons for self-awareness and spiritual growth inherent in a reincarnationist world view, showing us how we can reconnect with the order, intelligence, and beauty of the universe around us. Respected author and Past Life Regression teacher, Roger Woolger, wrote this testimonial for the book's cover: "The most intelligent and broad ranging discussion of reincarnation I have encountered."

Articles

A Letter To A Friend

Giovanni Giocondo was an Italian Franciscan friar, Renaissance pioneer, and royal architect for the King of France. He wrote this letter to his friend Countess Allagia Aldobrandeschi on Christmas Eve, 1513. It speaks so wondrously of love and life in all things. I offer it as a prayer for our IBRT community. We shared it at our recent IBRT Solstice Celebration, but I think it bears repeating, in these times. I invite you to receive through the centuries the gift of Giovanni's letter for today.

"Letter to a Friend" by Fra Giovanni

I salute you. I am your friend and my love for you goes deep. There is nothing I can give you that you do not already have, but there is much, very much, that, while I cannot give it, you can take.

No heaven can come to us unless our hearts find rest in it today. So take heaven!

No peace lies in the future which is not hidden in this present moment. So take peace!

The gloom of the world is but a shadow. Behind it, yet within our reach is joy. There is radiance and glory in the darkness if we could only see — and to see we have only to look. I beseech you to look!

Life is so generous a giver, but we, judging its gifts by their coverings, cast them away as ugly, or heavy or hard. Remove the covering and you will find beneath it a living splendor, woven of love.

Welcome it, grasp it, and you touch the angel's hand that brings it to you. Everything we call a trial, a sorrow, or a duty, believe me, that angel's hand is there, the gift is there, and the wonder of an overshadowing presence. Life is so full of meaning and purpose, so full of beauty — beneath its covering - that you will find that earth but cloaks your heaven.

Courage, then, to claim it, that is all. But courage you have, and the knowledge that we are all pilgrims together, wending through unknown country, toward home.

And so, at this time, I greet you. Not quite as the world sends greetings, but with profound esteem and with the prayer that for you now and forever, the day breaks, and the shadows flee away.

"Gratitude helps us stop trying to control outcomes. It is the key that unlocks positive energy in our life. It is the alchemy that turns problems into blessings, and the unexpected into gifts." -- Melody Beattie

Learning Center

RoseHeart



The RoseHeart Center LLC

www.TheRoseHeartCenter.com

With Virginia Waldron, CH, CI

Monthly Past Life Regression Workshops

Every month RoseHeart offers an online workshop in Past Life Regression Journeys. Each month the topic has a different focus, a singular theme to explore and examine the lifetimes we have experienced on Earth, as well as alternative dimensions and locations. This is an ongoing exploration of our own Soul's Path, bringing insight into our choices and how we move

through opportunities and circumstances along the way. Join us. To sign up, please contact Virginia Waldron at info@theroseheartcenter.com. For the details go to the website and click on Monthly Workshops on the RoseHeart menu.

New Class coming in the Spring — Channelling: From Basics to Awakening.

This will be an 8-week class for beginners and advanced channelers, for anyone who wants to gain a deeper and more comprehensive understanding of the art of channeling. Part I, the first four classes, will take place on Tuesdays, beginning in May, 2025. Part II will begin in October. Go to the website for more details.

The RoseHeart Spiritual Academy

With Virginia Waldron, CH, CI

Professional Training Schedule

Introducing A New Training Program Spirit Release & Energy Clearing



We will begin with focusing on Spirit Releasement, a modality of healing that works on an energetic level, but which also impacts and affects the physical, emotional, mental levels, and spiritual levels, as well. It is a different kind of healing modality, but it certainly is not a new one. Spirit Releasement has become recognized over recent years as a vitally important modality for healing certain issues.

Next we will focus on Energy Clearing. When negative energy patterns, such as negative thought forms or negative emotions imposed onto us by others, injuries, surgeries and illnesses, move downward through the energy bodies of the Aura and into the physical body, the densest energy body, we can experience dis-ease, pain, discomfort, and illness as a result. If these negative patterns can be caught and removed before they move into the physical body, it is much easier to resolve the issues related to them.

The clearing and releasing techniques of both Spirit Releasement and Energy Clearing are significant healing modalities that can bring resolution and relief to ourselves and to our clients.

Both of these modalities require training in Hypnosis, as basic hypnosis techniques and skills will be used as part of the process of spirit releasement and energy clearing. This training program will be offered over the weekend of June 6-8, 2025, 10 am - 5 pm, EST.

To find out more, including fees, please go to www.TheRoseHeartCenter.com and scroll down the menu until The RoseHeart Spiritual Academy.

HCH INSTITUTE



Holly Holmes-Meredith, D.Min., MFT, Director HCH
3746 Mt. Diablo Blvd. #200, Lafayette, Ca. 94549
925-283-3941, holly@hypnotherapytraining.com

HCH Institute for Hypnotherapy and Psycho-spiritual Trainings,

with Holly Holmes-Meredith

Register at: www.HypnotherapyTraining.com

All classes are online in Pacific Time zone.

Past Life Therapy Training April 11, 18, 25, from 3pm to 6pm PT. (Requires training in hypnotherapy as a pre-requisite).

Free Reiki Meet-up every Tuesday at 7pm PT.

Exploring Gateways to Higher Consciousness meets monthly the 3rd Wednesday, 7pm PT

Next Shamanic Practices Certification Training Module "North" begins May 18, 2025.

Join our Monthly Past Life Group Regression online on Zoom, first Wednesday of every month.

Low fee Hypnotherapy and Past Life Sessions \$40/ session, by appointment.

Recording Workshop for Hypnotherapists March 9 and 16.

Monthly Classes in Reiki.

Go to www.HypnotherapyTraining.com for more information and to register.



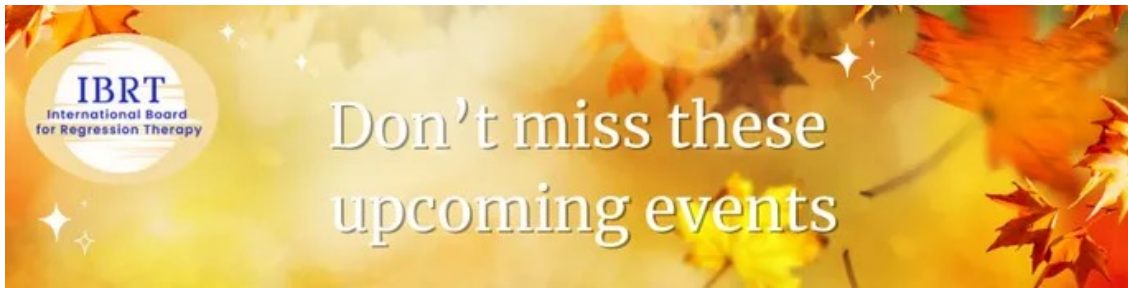
Georgina Cannon
changing minds

Join our free meditation gatherings every Friday. Folks from around the world join us on Zoom to enjoy a 30 minute journey of healing, relaxation and connection. To put your name on the list for the emailing, connect@georginacannon.com

For more information go to: <https://www.regressionacademy.com/life-between-lives-training.htm>

"The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering." Ben Okri

Gatherings



Members and non-members will need to sign up at the IBRT website in order to get the link to join the next Gathering. Sign up for all events at <https://ibrt.org/events%2Fclasses>.

March's Gathering is a real treat - Devra Jacobs will be offering a presentation on Working with Archangel Michael. The date will be March 20, at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. This event is free to members and \$20 for the general public.



Devra Jacobs Bio-

Born with intuitive and psychic abilities, Devra began interacting and communicating with Archangel Michael at the tender age of six. As Devra grew older she became aware of many other angels, guides and spirits around her and the individuals she came into contact with as a professional intuitive life coach for the last 59 years. She was the psychic on actress Shirley MacLaine's website for years. Here are some of the topics Devra will discuss about her personal relationship with Archangel

Michael and how he has assisted Devra in helping so many people through the years.

- How does Michael communicate with people?
- How Michael showed me his human life on earth.
- How Michael saved my life many times over the years.
- An example of how I taught an ER doctor to listen to his angel.
- How to connect with your own birth angel?
- Can anyone hear or see angels?

There will be a 30 minute Q&A session at the end of the presentation.

April's Gathering will be April 24th, at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. The focus will be about The Lighter Side of Past Life Regression work. It will be for members only. This will be an open discussion where IBRT's members can share some of the lighter, more humorous moments in their work with Past Life Regression. PLR can be a very intense and powerful healing modality, and can change lives. It goes deeply and creates change and growth. But it is not limited to just



being serious and somber. We all have stories we can share about some of the joy and laughter, kindness and compassion that is also experienced in our work. All members are welcome, and we invite you to bring a story to share with us.

May's Gathering will be on Thursday May 22 2025, at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. We are pleased to feature Christian Sunberg at our monthly gathering.



Christian is also a public speaker, having presented at over 100 events. When he was a young child he remembered his existence before coming to Earth. While that memory completely left him during his early adult life, it spontaneously returned at the age of 30 as Christian took up a meditation practice and went through a personal awakening journey. He also started having Out of Body Experiences (OBEs).

Christian is the author of the book *A Walk in the Physical*, which attempts to succinctly describe the larger spiritual context in which we exist and the importance of love in our human journey. To read more about Christian Sundberg please go to <https://awalkinthephysical.com/welcome/>

Please share your skills and experience and wisdom with us:

IBRT would like to invite any of our professional, affiliate or, student members to let us know of any classes or training programs you are offering, that you would like to share with the IBRT community. If you have an article or suggestion of something to include in the next e-newsletter, Reflections, please send it to Virginia Waldron, our editor, at gatepr@gmail.com. Please forward your contributions prior to the end of the month.

We also invite any of our members who would like to offer a presentation at a monthly Gathering to submit a brief summary to the IBRT Board for consideration. Please it to Virginia Waldron, gatepr@gmail.com, or to Holly Holmes-Meredith, holly@hypnotherapytraining.com.

“Love is a force more formidable than any other. It is invisible — it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could.” — Barbara De Angelis

